

CAREGIVING BENEFITS GUIDE



AARP connects you to dozens of resources to help you on your caregiving journey, while advocating on your loved one's behalf on important issues.

RESOURCES

AARP FAMILY CAREGIVING

877-333-5885

aarp.org/caregiving

Whether you're a new or continuing caregiver, AARP provides help to manage your journey, with practical tips, real-world support, and access to resources to help you and your loved one. Our caregiving website and toll-free support line are here to help.

PREPARE TO CARE GUIDE

aarp.org/preparetocare

This resource guide provides straightforward information and checklists for first-time family caregivers. And it outlines what you need to do—in five simple, easy-to-understand steps—to take care of your loved one in the best possible way.

CAREGIVING Q&A TOOL

aarp.org/caregiving/answers

This simple tool provides answers to your specific caregiving questions as well as key resources and practical tips for navigating your role as caregiver.

CARE AT HOME

CARELINX

888-660-9794

AARP members who are new to CareLinx get a 3% discount on in-home caregiving services from prescreened professional caregivers.

CONSUMER CELLULAR

888-480-0620

consumercellular.com/caregiving

5% off monthly service and usage charges and 30% off select accessories. Plans start at \$15 per month, require no contract, and include free activation.

GRANDPAD POWERED BY CONSUMER CELLULAR

877-202-4118

consumercellular.com/caregiving

GrandPad is a tablet designed to help your loved one stay connected to family and friends and stay safe from spammers and scammers. Members save 5% on a monthly subscription, which includes unlimited service on a secure, private network.

PHILIPS LIFELINE MEDICAL ALERT SERVICE

855-345-0130

lifeline.philips.com/AARP-member-benefit

15% off the monthly service fee; plus, free shipping and activation. Dependable 24/7 access to trained care specialists to get the help you need.

SIMPLISAFE®

800-206-1858

15% off new home security systems.

**HEALTH TOOLS**

aarp.org/healthtools

Free online health tools, such as the BMI calculator, Symptom Checker, and Drug Interaction Checker.

LET'S BE WELL DIABETES BOX™

letsbewell.com

The box was created by AARP and the American Diabetes Association to help those living with diabetes. Members save 15% on the box that fits their needs with promo code WELL15.

LET'S BE WELL HEALTHY HEART BOX™

letsbewell.com

AARP and the American Heart Association® have created the Healthy Heart Box. It provides simple, practical tools to manage your heart health, so you can eat better, relieve stress, and be more active. Members save 15% on the box with promo code HEART15.

SCHWAN'S HOME SERVICE

888-724-9267

schwans.com/aarp

\$20 off your first new customer order of \$50 or more, and you receive double Schwan's Rewards™ points on all online orders thereafter.

SILVER CUISINE™ BY BISTROMD

844-404-FOOD (3663)

silver.bistromd.com/aarp

25% off and free shipping on your first order of \$99 or more of doctor-designed, chef-prepared meals for specialty diets, including gluten-free and diabetic offerings, and 10% off and free shipping on subsequent orders of \$99 or more.

AARP® STAYING SHARP

stayingsharp.aarp.org

AARP members get access to AARP® Staying Sharp, which includes brain-boosting content such as healthy recipes, articles, activities, games, and more. Receive personalized recommendations when you take the Brain Health Assessment for a small, one-time fee.

WALGREENS

855-225-9225

walgreens.com/aarpcard

When you link your AARP membership card to your Balance® Rewards account, you can earn additional Balance® Rewards benefits, including 50 points for every \$1 spent on eligible Walgreens-brand health and wellness products and 1,000 points for vaccinations.

FLIP50™ HEALTHY LIFESTYLE PROGRAM AND APP FROM TIVITY HEALTH

877-871-7019

AARP members pay \$29.99 per month for flip50™ from Tivity Health, which includes access to more than 10,000 fitness locations nationwide; discounts at more than 17,000 wellness providers of chiropractic, massage, and acupuncture; a \$20 monthly voucher to use at any participating provider in the network; and a free companion mobile app with personalized weekly health plans and more.

**AARP® HOMEOWNERS INSURANCE PROGRAM
FROM THE HARTFORD****800-909-5191**

Coverage available for those who own a house or condo or who rent. Added savings if you bundle your home and auto policies.

**AARP LIFE INSURANCE PROGRAM
FROM NEW YORK LIFE****800-249-9617****newyorklife-aarp.com**

You can apply for up to \$100,000 in life insurance to help protect your family and receive free life insurance information. No physical exam is required, just health and other information.

**AARP LONG-TERM CARE OPTIONS
FROM NEW YORK LIFE****800-251-0183****nylaarp-ltc.com**

Specially trained New York Life agents can assist members in building a custom long-term care plan to meet their needs and budget.

LONG-TERM CARE CALCULATOR**aarp.org/longtermcarecosts**

Find and compare the costs of home care, assisted living, and other services throughout the United States.

ADVANCE DIRECTIVE FORMS**aarp.org/advancedirectives**

All adults can benefit from thinking about what their health care choices would be if they were unable to speak for themselves. Contact your state office to find out what materials and resources are available to you in your state.

**AARP® AUTO INSURANCE PROGRAM
FROM THE HARTFORD****888-277-6436**

Savings and benefits designed to reward members for being safer, more experienced drivers. The program offers a lifetime renewability benefit in most states—coverage will be renewed each year as long as you meet a few simple requirements. No-cost, no-obligation quotes are available. Added savings if you bundle your home and auto policies.

If you are age 50 or older, once you're insured through this program for at least 60 days, you cannot be refused renewal as long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must retain valid licenses, remain physically and mentally capable of operating an automobile, have no convictions for driving while intoxicated, and must not have obtained your policy through material misrepresentation. Benefit currently not available in HI, MI, NC, NH, and TX.

TRAVEL**aarp.org/travelbenefits**

If you are traveling to see loved ones or just taking a break, AARP offers discounts from several hotels and car rentals, like Wyndham Hotels and Resorts, Wyndham Extra Holidays, Avis Rent A Car, Budget Rent A Car, Best Western Hotels and Resorts, Hilton and Collette.

AARP WORK REIMAGINED**aarp.org/work**

Created specifically to help experienced workers find meaningful employment, our resources focus on navigating the job market, skills development, resume and interview tips, career events and webinars, and job options like part-time work or starting a business.

RESTAURANTS**aarp.org/restaurants**

Members save on food and nonalcoholic beverages at restaurants such as Denny's, Outback Steakhouse, Landry's Seafood, McCormick & Schmick's and Bonefish Grill.

Dine-in only. Restrictions apply. Offer subject to change.

**AARP® DENTAL INSURANCE PLAN ADMINISTERED BY DELTA DENTAL INSURANCE COMPANY**

866-583-2085

deltadentalins.com/aarp

Exclusive access to individual or family coverage for the most common dental procedures.

AARP® HEALTH SAVINGS ACCOUNT OFFERED BY OPTUM BANK

844-458-6738

myaarphsa.com

Members with a qualifying high-deductible health plan can take advantage of tax benefits as they save for qualified medical expenses and get access to tools, resources, and information tailored to their retirement needs. If you're under age 65, you can save 20% on monthly maintenance fees, and if you're 65 or older, your monthly fees are waived.

AARP HEARING CENTERaarp.org/hear

Learn how to maintain optimal hearing health and get advice for living well with hearing loss. Find information, tools, and solutions; plus, members can take an independent and scientifically validated hearing test by phone for free annually.

AARP® HEARING CARE PROGRAM PROVIDED BY HEARUSA

800-203-7048

aarphearingcare.com

Access to a nationwide network of hearing-care providers, 20% off digital hearing aids, and 15% off health care products for hearing needs; plus, custom fittings and follow-up care. Members also have access to a 90-day risk-free trial, a three-year manufacturer warranty, and a free three-year supply of batteries.

AARP® MEDICARE ADVANTAGE FROM UNITEDHEALTHCARE

800-643-4845

Medicare health plans, available with prescription drug coverage from UnitedHealthcare.

Medicare plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage and Prescription Drug Plans: A Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals.

AARP® MEDICARE SUPPLEMENT INSURANCE PLANS, INSURED BY UNITEDHEALTHCARE INSURANCE COMPANY

866-739-6497

Supplemental insurance coverage for those enrolled in Medicare Parts A and B.

AARP® MEDICARE RX PLANS FROM UNITEDHEALTHCARE

888-867-5575

Medicare prescription drug coverage insured through UnitedHealthcare.

Medicare plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage and Prescription Drug Plans: A Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals.

AARP® MYVISION CARE PROVIDED THROUGH EYEMED

844-243-4584

aarpmyvisioncare.com

Designed exclusively for AARP members, the program offers three vision plans starting at \$4.38 per month with varying co-pay structures to fit your budget. Plans are accepted at more than 54,000 eye care providers and retail locations in the EyeMed Advantage Network, and include additional benefits such as diabetic vision exams and loss-of-sight coverage.

AARP® PRESCRIPTION DISCOUNTS PROVIDED BY OPTUMRX

877-422-7718

aarp-pharmacy.com

Members save an average of 61% on FDA-approved prescriptions not covered by their current insurance. Savings extend to any dependents, regardless of age. You can use your free Rx discount card at over 66,000 participating retail pharmacies, including CVS Pharmacy, Kroger Co. Pharmacy, Rite Aid Pharmacy, Walgreens Pharmacy, and Walmart Pharmacy.

Savings amounts are averages based on information from OptumRx's AARP Prescription Discounts annual analysis of members whose prescription claims were paid between 8/1/18–7/31/19. Over 50% of customers showed these savings, but your savings may vary.

AARP® VISION DISCOUNTS PROVIDED BY EYEMED

888-352-3924

aarpvisiondiscounts.com

Members and their families get exclusive discounts at participating retailers and independent provider locations nationwide, as well as online at Glasses.com. You save on complete pairs of glasses (frames & lenses)—30% at LensCrafters and \$10 at Target Optical and Sears Optical—plus get 30% off all purchases at Glasses.com.

PILL IDENTIFIER TOOLaarp.org/healthtools

Use the Pill Identifier Tool to classify pills according to the letters or numbers imprinted on the pill, shape, and color.

AARP commercial member benefits are provided by third parties, not by AARP or its affiliates. Providers pay a royalty fee to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. Some provider offers are subject to change and may have restrictions. Please contact the provider directly for details.